

Evanescence

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Robin Madeley (UK)
音乐: Bring Me To Life - Evanescence



ROCK-TURN-STEP, STEP-TURN-POINT, TWINKLE ¼ TURN (LEFT), TWINKLE ½ TURN (RIGHT)

- 1&2 Rock forward on right foot, rock back on left foot, make ½ turn to the right stepping forward onto right foot
- 3&4 Step forward on left foot, pivot ¾ turn to the right (to face 3:00), point left toe to left side
- 5&6 Cross left over right, make ¼ left stepping back on right, step back on left foot
- 7&8 Cross right over left, step back on left foot, make ½ turn right stepping forward on right foot (now facing 6:00 wall)

ROCK FORWARD, BACK, STEP BACK, LOCK-BACK-TURN (RIGHT), STEP, PIVOT, SIDE

- 9 Rock forward on left foot
- Bend your left knee and lean into it, make it more like a lunge**
- 10-11 Replace weight on right foot. Take a large step back with your left foot
- Angle your upper body slightly to the left diagonal**
- 12 Lock your right foot over your left
- Lock: cross your right over your left, but keeping your feet close together and remember you're traveling backwards, not to the side**
- &13 Take a small step back with your left foot, make ½ turn to the right stepping forward with the right
- 14-15 Take a step forward with your left foot, pivot ¾ turn to the right (weight now on right)
- 16 Take a large step with your left foot to the left side

BEHIND-TURN(LEFT)-STEP, FORWARD-BACK-TURN(LEFT), TRIPLE STEP (FULL TURN LEFT), TRIPLE STEP (FULL TURN RIGHT)

- 17&18 Step right foot behind left, make ¼ turn left stepping forward on left, step forward on right
- 19&20 Rock forward on left foot, rock back on right foot, make ½ turn to the left stepping forward onto left foot
- 21&22 Shuffle forward right-left-right (option - make full turn to the left as you travel forward)
- 23&24 Shuffle forward left-right-left (option - make full turn to the right as you travel forward)

ROCK-TOGETHER-CROSS, SIDE-TURN-CROSS, ROCK, TURN (¼ LEFT), TURN(½ LEFT), TURN(½ LEFT)

- 25&26 Rock right foot to right side, step left foot next to right, cross-step right foot over left
- 27&28 Step left foot to left side, make ½ turn to right stepping right foot to right side, cross (rock) left foot over right
- 29 Recover weight (rock) back onto right foot
- 30 Make ¼ turn left stepping forward onto left foot
- 31 Make ½ turn left stepping back onto right foot
- 32 Make further ½ turn left stepping forward onto left foot
- Option:**
- 31-32 Two steps forward right, left

REPEAT

TAG

WALK, WALK, (ROCK) FORWARD-RECOVER-SIDE-RECOVER

The tag is danced (In the song 'Bring Me To Life') at the end of walls one, two and three

Wall One: Dance the first two counts below, then restart the dance (Hint: she sings the word "Home")

Walls Two and Three: dance the whole of the tag, then restart the dance

1-2

Walk forward on right foot, walk forward on left foot

3&4&

Rock forward on right foot, recover weight to left foot, rock right foot to right side, recover weight on left foot
